

OIX GATEWAY HONOLULU HI SUCCESSFUL PROCESSING REPORT: FORCE-WIDE CIRCADIAN RHYTHM IMPLEMENTATION//

PAAUZYUW RHMFUU1576 2630042-UUUU--RULYSUU.

ZNR UUUUU

P 200042Z SEP 17

FM COMNAVSURFOR SAN DIEGO CA

TO ALNAVSURFOR

INFO COMUSFLTFORCOM NORFOLK VA

COMPACFLT PEARL HARBOR HI

COMTHIRDFLT

COMFOURTHFLT

COMFIFTHFLT

COMSIXTHFLT

COMSEVENTHFLT

COMNAVSURFLANT NORFOLK VA

COMNAVSAFECEN NORFOLK VA

TACTRAGRULANT DAM NECK VA

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COMNAVPERSCOM MILLINGTON TN

SWOSCOLCOM NEWPORT RI

NPS MONTEREY CA

COMNAVSURFOR SAN DIEGO CA

BT

UNCLAS

SECINFO/U/-//

MSGID/GENADMIN/COMNAVSURFFOR SAN DIEGO/-/SEP//

SUBJ/FORCE-WIDE CIRCADIAN RHYTHM IMPLEMENTATION//

REF/A/MSG/CNSF/032157ZMAY2013//

REF/B/MSG/CNSF/022001ZFEB2016//

REF/C/DOC/NPS/01AUG2017//

REF/D/MSG/CNSF/012150ZMAY2017//

REF/E/MSG/CNSF/160050ZSEP2017//

NARR/REF A IS CNSF MSG ON CIRCADIAN RHYTHM.

REF B IS THE SURFOR WARFIGHTING SERIAL TEN-INDIVIDUAL READINESS.

REF C IS THE CREW ENDURANCE HANDBOOK.

REF D IS THE SURFOR WARFIGHTING SERIAL TWELVE-TOUGHNESS.

REF E IS THE SURFOR WARFIGHTING SERIAL THIRTEEN-CONFIDENCE AND COMPETENCE//

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GENTEXT/REMARKS/1. PURSUANT TO REFS A-E, ALL CNSF SHIPS SHALL IMPLEMENT CIRCADIAN RHYTHM WATCHBILLS AND SHIPBOARD ROUTINES ONBOARD THEIR SHIPS AND COMMANDS NLT 20 DEC 2017. ISICS WILL REPORT IMPLEMENTATION TO TYCOMS.

2. NAVAL POSTGRADUATE SCHOOL (NPS) RESEARCH HAS CONCLUSIVELY LINKED THE IMPORTANCE OF SLEEP TO SAFE, PROFESSIONAL WATCHSTANDING (REF C GERMANE). RESEARCH HAS SHOWN THAT 21 HOURS WITHOUT SLEEP RESULTS IN A DEGREE OF IMPAIRMENT EQUIVALENT TO A BLOOD ALCOHOL CONTENT OF 0.08 -LEGALLY DRUNK. YOU WOULD NOT OPERATE YOUR CAR UNDER THESE CONDITIONS; WE SHOULD NOT ASK OUR CREWS TO STAND WATCH AND OPERATE SHIPBOARD SYSTEMS IN A SIMILAR MENTAL AND PHYSICAL STATE. USED TOGETHER, CIRCADIAN RHYTHM WATCHBILLS AND SHIPBOARD ROUTINES COMBAT

FATIGUE. THEY PROVIDE OUR SAILORS WITH A PREDICTABLE WATCH ROTATION AND PROTECTED SLEEP PERIODS THAT RECOGNIZE THE HUMAN CIRCADIAN RHYTHM. IT SHOULD BE EMPHASIZED THAT THE UTILIZATION OF BOTH CIRCADIAN RHYTHM WATCHBILLS AND COMPLIMENTARY SHIPBOARD ROUTINES ARE REQUIRED TO SUCCESSFULLY MANAGE FATIGUE. CNSP AND CNSL RECENTLY QUERIED THE FORCE ABOUT CIRCADIAN RHYTHM WATCHBILLS AND SHIPBOARD ROUTINES. POSITIVE FEEDBACK ACKNOWLEDGING THE VALUE OF THESE WATCHBILLS AND ROUTINES WAS RECEIVED. MANY SHIPS ARE CURRENTLY IMPLEMENTING CIRCADIAN RHYTHM WITH POSITIVE RESULTS.

3. THE FOLLOWING WEBSITES AND PORTALS CONTAIN RESOURCES AND INFORMATION USEFUL TO THE SUCCESSFUL IMPLEMENTATION OF CIRCADIAN RHYTHM WATCHBILLS AND SHIPBOARD ROUTINES ONBOARD YOUR COMMANDS. USE THE EMAIL COMMON ACCESS CARD CERTIFICATE TO BOTH REQUEST ACCESS TO THE PORTALS AND ACCESS THE CNSP AND CNSL PORTAL LINKS.

A. PORTAL REQUEST ([HTTPS://INAVY.ACCESSREQUEST.PORTAL.NAVY.MIL](https://INAVY.ACCESSREQUEST.PORTAL.NAVY.MIL))

B. CNSP PORTAL ([HTTPS://CPF.NAVY.DEPS.MIL/SITES/CNSP/CIRCADIAN%20RHYTHM](https://CPF.NAVY.DEPS.MIL/SITES/CNSP/CIRCADIAN%20RHYTHM))

C. CNSL PORTAL ([HTTPS://USFF.NAVY.DEPS.MIL/SITES/SURFLANT/N00Z/DOCS/CREW%20ENDURANCE/CO%20LESSONS%20IDENTIFIED](https://USFF.NAVY.DEPS.MIL/SITES/SURFLANT/N00Z/DOCS/CREW%20ENDURANCE/CO%20LESSONS%20IDENTIFIED))

D. NPS WEBSITE ([HTTP://MY.NPS.EDU/WEB/CREWENDURANCE](http://MY.NPS.EDU/WEB/CREWENDURANCE))

4. WARFIGHTING AND PROFESSIONAL, SAFE OPERATIONS AT SEA CONTINUE TO BE MY TOP PRIORITIES. THIS ORDER IS CONSISTENT WITH THOSE PRIORITIES. CIRCADIAN RHYTHM WATCHBILLS AND SHIPBOARD ROUTINES WILL HELP PRODUCE WELL RESTED SAILORS WHO ARE BETTER WARFIGHTERS, SHIPBOARD OPERATORS, AND ENGINEERS. I EXPECT ALL OF YOU TO CONTINUE TO MAINTAIN OUR HIGH STANDARD OF WARFIGHTING, TRAINING, AND READINESS THROUGHOUT THIS TRANSITION.

5. CONSISTENT WITH YOUR RESPONSIBILITIES AND AUTHORITIES, COMMANDING OFFICERS HAVE SOME LATITUDE REGARDING THE IMPLEMENTATION OF THIS DIRECTION.

A. CIRCADIAN RHYTHM WATCHBILLS AND SHIPBOARD ROUTINES MAY NOT BE SUITABLE FOR SHORT UNDERWAY PERIODS OR SPECIFIC TRAINING EVOLUTIONS. I EXPECT COMMANDING OFFICERS TO USE THEIR BEST JUDGMENT AND IMPLEMENT THESE TYPES OF WATCHBILLS AND SHIPBOARD ROUTINES IN A DELIBERATE AND INFORMED MANNER.

B. CIRCADIAN RHYTHM IMPLEMENTATION DOES NOT REQUIRE AN ARBITRARY INCREASE IN THE NUMBER OF QUALIFIED WATCHSECTIONS IN ANY SHIP. COMMANDING OFFICERS WILL DETERMINE THE MOST EFFECTIVE CIRCADIAN RHYTHM MODEL TO EMPLOY GIVEN THEIR SHIP'S MANNING AND WATCHBILL CONSTRAINTS. EXAMPLE MODELS FOR TWO, THREE AND FOUR SECTION CIRCADIAN WATCHBILLS CAN BE FOUND IN REF C.

6. LITTORAL COMBAT SHIPS (LCS), MINE COUNTERMEASURE (MCM), AND PATROL COASTAL (PC) SHIPS ARE EXEMPT FROM THIS ORDER DUE TO THEIR UNIQUE MISSION SETS AND MANNING CONSTRUCTS. HOWEVER, I EXPECT THOSE COMMANDING OFFICERS TO IMPLEMENT CIRCADIAN RHYTHM PRINCIPLES AND BEST PRACTICES TO THE BEST OF THEIR ABILITIES.

7. TYCOM LEADERSHIP, WITH ASSISTANCE FROM THE NPS STAFF, WILL MEET WITH COMMANDING OFFICERS TO PROVIDE ADDITIONAL INFORMATION AND EXPECTATIONS. TYCOMS WILL PROVIDE SCHEDULING DETAILS SEPCOR.

8. VADM ROWDEN SENDS.//

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